
CENTRAL PA HEALTH CARE QUALITY UNIT NEWSLETTER FOR HEALTHY OUTCOMES

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Fast Food Meals: Eating to the Extreme

The Center for Science in the Public Interest (CSPI) recently released its latest “X-treme Eating Awards,” which highlight the unhealthiest chain restaurant meals in America. Here are some of this year’s “winners.”

To put the numbers into perspective, most people should eat about 2,000 calories a day and no more than 20 grams of saturated fat and 1,500 milligrams sodium.

- **The Cheesecake Factory Farmhouse Cheeseburger:** 1,530 calories, 36 grams of saturated fat, 3,210 milligrams sodium.
- **Applebee’s Provolone-Stuffed Meatballs with Fettuccine:** 1,520 calories, 43 grams saturated fat, 3,700 milligrams sodium.
- **Denny’s Fried Cheese Melt** (four fried mozzarella sticks with melted American cheese in a sandwich, plus fries on the side): 1,260 calories, 21 grams saturated fat, 3,010 milligrams sodium.
- **IHOP Monster Bacon ’N Beef Cheeseburger:** 1,250 calories, 42 grams saturated fat, 1,590 milligrams sodium.

Sweets are hardly off the hook, either. Cold Stone Creamery PB&C Shake (with peanut butter and chocolate ice cream) has even more calories (2,010) and saturated fat (68 grams) than the entrees. One slice of Red Velvet Cheesecake from the Cheesecake Factory has 1,540 calories and 59 grams of saturated fat.

Though these are the extremes, most restaurant meals still have more calories, fat and sodium than you should eat in one sitting. You don’t have to bypass chain restaurants altogether, but if you do pull up to one on occasion, here are six ways to keep things under control:

- Pay attention to nutrition information. If it’s not posted or on menus, it will be once the FDA finalizes mandatory labeling rules for major chain restaurants, mandated by the new health-care legislation.
- Skip anything described as “stacked,” “stuffed” or “topped,” such as a burger topped with a fried egg or pork belly, or meatballs or pizza crust stuffed with cheese.
- Order the smallest sizes. No one needs a large serving of fries, for instance—or a 24-ounce smoothie or shake, even if it has some healthy ingredients. Keep in mind, though, that small sizes can still be big in calories.
- Ask your server to hold the fries, onion rings, garlic bread or other extras that may be included in your meal. Such side dishes can add hundreds more calories to your meal.
- Skip indulgent desserts or order one for the whole table. The most pleasure comes from the first two or three bites, anyway.
- If you do overindulge, make up the calories by eating lighter the rest of the day—or perhaps the rest of the week.

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The information offered in this newsletter is to increase your awareness of health related conditions and situations and not intended to be a substitute for professional medical advice. If you believe you or someone you support has a condition, please seek the advice of a physician.

Sleep Apnea:

When a Snore is More Than Just a Snore

From Berkeley Wellness Alert, November 29, 2011

Snoring is usually a minor affair, except for those who have to listen to it. But heavy snoring can be a symptom of sleep apnea, thought to affect at least 10 percent of adults, mostly men.

Sleep apnea can keep you from getting a restful night's sleep. What happens is that you stop breathing (for anywhere from 10 seconds to more than a minute), then emit a choking, explosive sound as you struggle to recover—a pattern that may be repeated hundreds of times a night. Besides causing fatigue, daytime drowsiness and headaches, sleep apnea has been linked to heart attacks, strokes, hypertension, diabetes and depression.

If you think you have sleep apnea, it makes sense to get help. Being overweight is not only a risk factor for sleep apnea, but also makes it more likely that you'll develop medical problems as a result. Sleeping pills of all kinds may also promote sleep apnea. Your doctor may refer you to an ear, nose and throat specialist or to a sleep disorders center, the most reliable place to have sleep apnea diagnosed.

Fortunately, there are effective treatments for sleep apnea, including practical steps like losing weight and limiting alcohol. Or you may be fitted for an air pump, called CPAP (continuous positive airway pressure), which is attached to a mask or nasal tube and can maintain a reliable flow of air while you sleep. Custom-made mouth devices that pull the tongue and jaw forward may also help.



Checking into a sleep center

Sleep disorders centers, usually attached to hospitals, can be found in most states. Physicians and technicians in these centers have the training and equipment to diagnose a wide range of sleep problems, including sleep apnea. You may be required to stay overnight so that your sleep patterns can be observed and recorded. Alternatively, you may be able to perform sleep apnea testing at home, after being evaluated by a doctor who is board-certified in sleep medicine. The American Academy of Sleep Medicine accredits centers; its website can help you locate the nearest accredited center.

Sleep Disorder Center

Geisinger Medical Center's Woodbine Sleep Disorder Center is accredited by the American Academy of Sleep. It is located off campus at 109 Woodbine Lane with easy parking access. The lab's medical director, Dr. Andrew Matragrano, is board certified and is complimented by five sleep specialists and nine sleep technologists. The lab operates Sunday-Thursday nights and afternoon clinic hours are now available. To schedule sleep testing or a consult with a sleep specialist, call 570-271-8015.

DIABETES FOOT CARE

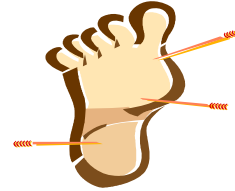
From Merck Source Report on Diabetes

If you have diabetes you are more prone to foot problems, because the disease can damage your blood vessels and nerves. This, in turn, may make you less able to sense injury or pressure on your foot. You may not notice foot injury until severe infection develops.

Diabetes also alters the immune system, decreasing the body's ability to fight infection. Small infections may rapidly progress to death of the skin and other tissues, which may require amputation of the affected limb to save the patient's life. Foot problems can be prevented in part with improved blood sugar control.

If you have diabetes, you are at higher risk for developing foot problems if you:

- Have had diabetes more than 10 years
- Are male
- Have poor glucose control
- Have eye, kidney, or heart problems



All diabetics should get regular foot exams -- at least twice yearly -- by their health care provider and should learn whether they have nerve damage. To prevent injury to the feet when you have diabetes, you should adopt a **DAILY** routine of checking and caring for your feet, especially if you already have known nerve or blood vessel damage or current foot problems. Follow the instructions below.

DAILY CARE ROUTINE

- Check your feet every day. Inspect the top, sides, soles, heels, and between the toes.
- Wash your feet every day with lukewarm water and mild soap. Strong soaps may damage the skin.
- Test the temperature of the water before putting your feet in, because the normal ability to sense hot temperature is usually impaired in diabetics. Burns can easily occur.
- Gently and thoroughly dry the feet, particularly between the toes, because infections can develop in moist areas.
- Because of skin changes linked with diabetes, the feet may become very dry and may crack, possibly causing an infection. After bathing the feet, soften dry skin with lotion, petroleum jelly, lanolin, or oil. Do not put lotion between your toes.
- Ask your health care provider to show you how to care for your toenails. Soak your feet in lukewarm water to soften the nail before trimming. Cut the nail straight across, since curved nails are more likely to become ingrown.
- Exercise daily to promote good circulation. Avoid sitting with legs crossed or standing in one position for prolonged periods of time.
- If you smoke, stop. It decreases blood flow to the feet.

TIPS ON SHOES AND SOCKS

- Wear shoes at all times to protect your feet from injury. Otherwise, if you have poor vision and less ability to feel pain, you may not notice minor cuts or bumps.
- Wear comfortable, well-fitting shoes. Never buy shoes that do not fit properly, expecting the shoes to stretch with time. Nerve damage may prevent you from being able to sense pressure from improperly fitting shoes.
- Check the inside of your shoes for rough areas or torn pieces that can cause irritation.
- Change your shoes after 5 hours of wearing during the day to alternate pressure points.
- Avoid wearing thong sandals or stockings with seams that can cause pressure points.
- Wear clean dry socks or non-binding panty hose every day. Socks may provide an additional layer of protection between the shoe and your foot.
- Wear socks to bed if your feet are cold. In cold weather, wear warm socks and limit your exposure to the cold to prevent frostbite.

MORE HELPFUL TIPS

- Avoid using antiseptic solutions on your feet since these can burn and can injure skin.
- Avoid applying a heating pad or hot water bottle to the feet. Avoid hot pavement or hot sandy beaches.
- Report sores, changes, or signs of infection to your doctor immediately. Report all blisters, bruises, cuts, sores or areas of redness.
- Remove shoes and socks during visits to your health care provider. This is a reminder that you need a foot exam.
- Make an appointment with a podiatrist to treat foot problems or to have corns or calluses removed. Never attempt to treat these yourself using over-the-counter remedies.
- If obesity prevents you from being physically able to inspect your feet, ask a family member, neighbor, or a visiting nurse to perform this important check.

HOW TO DETERMINE YOUR BMI

From Merck Source Report on Obesity, April 2006

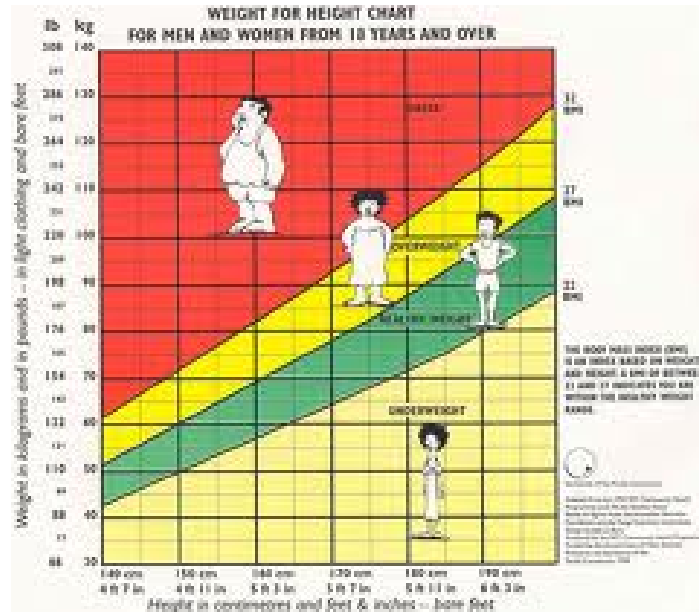
A good way to assess your weight is to calculate your Body Mass Index (BMI). Your BMI estimates whether you are at a healthy weight. Being overweight puts strain on your heart and can lead to serious health problems. These problems include type 2 diabetes, heart disease, high blood pressure, sleep apnea, varicose veins, and other chronic conditions. More than 300,000 lives could be saved in the U.S. each year if everyone maintained a healthy weight!

HOW TO DETERMINE YOUR BMI

Your BMI estimates how much you should weigh, based on your height. Here are the steps to calculate it:

- Multiply your weight in pounds by 703.
- Divide that answer by your height in inches.
- Divide that answer by your height in inches again.

Use the chart below to see what category you fall into, and whether you need to be concerned about your weight.



BMI	CATEGORY
Below 18.5	Underweight
18.5 - 24.9	Healthy
25.0 - 29.9	Overweight
30.0 - 39.9	Obese
Over 40	Morbidly Obese

BMI is not always an accurate way to determine whether you need to lose weight. Here are some exceptions:

- **Body builders:** Because muscle weighs more than fat, people who are unusually muscular may have a high BMI.
- **Elderly:** In the elderly it is often better to have a BMI between 25 and 27, rather than under 25. If you are older than 65, for example, a slightly higher BMI may help protect you from osteoporosis.
- **Children:** While an alarming number of children are obese, do not use this BMI calculator for evaluating a child. Talk to your child's doctor about what an appropriate weight is for his or her age.

OTHER METHODS

Doctors use a few different methods to determine whether you are overweight. Your doctor may also take your waist circumference and your waist-to-hip ratio into consideration.